



**Our membership is designed to help members manage their overall cardiovascular risk through education and exercise.**

**Memberships include:**

- Initial evaluation, includes: a health history assessment, blood pressure, heart rate and measurements .
- Development and review of program goals; including an exercise prescription developed by an exercise physiologist.
- Unlimited use of the Wellness Center and group fitness classes.
- Discounted massage therapy rates
- No contract

**Standard Membership**

Monthly Fee	55.00
Monthly Fee for Spouse or Family Member	30.00

*(Please note that the 1<sup>st</sup> member to enroll will pay \$55 and 2<sup>nd</sup> member pays \$30)*

**Clinical Membership\*\***

Monthly Fee	50.00
Monthly Fee for Spouse or Family Member	30.00

**\*\*Clinical membership includes: Pulmonary Rehab, Cardiac Rehab, Cancer Exercise Program, Phase III, Physical Therapy patients from BMH, and DCC patients—Must be within 6 months of discharge.**

**Corporate Memberships** *\*For employees of employers enrolled in Well at Work\**

Monthly Fee	35.00
Monthly Fee for Spouse or Family Member	25.00

**Family Membership** *\*Must have 3 people to qualify\**

Monthly Fee	35.00
Monthly Fee for Spouse or Family Member	25.00
Child Fee	10.00

**Silver & Fit Membership**

This is offered through America’s Specialty Health and eligibility must be confirmed.

**Hours of Operation:**  
**Monday - Thursday: 5:00am - 8:00pm**  
**Friday: 5:00am - 7:00pm**  
**Saturday: 8:00am - noon**

**For more information, please contact us at 843-522-5635**